

## Dietary Guideline #2

# Weight Management

It's all a balancing act.



# Facts About Americans and their Weight

- The number of Americans who are obese has doubled in the last 20 years.
- Nearly one-third of adults are obese.
- Roughly 16 percent of children and teens are overweight. This doubles the rate in the last 20 years.



# BMI – Body Mass Index

- The BMI is one way to monitor your body fat.
- It's important to use the right chart for your age and gender.
- If you are a very MUSCULAR person the BMI isn't an accurate measure.
- A BMI larger than 30 is a concern for weight management.

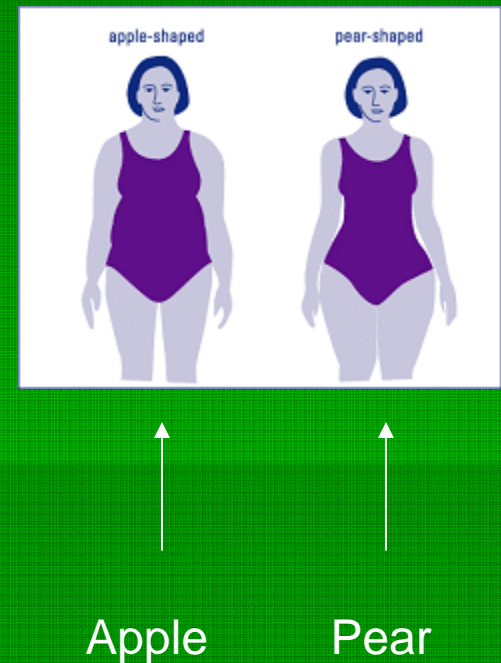
# Using the adult BMI chart, find this person's BMI

- A man is 5'11" and weighs 185.  
What is his BMI? (NEXT SLIDE)

BMI	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Height	Weight in Pounds																
4'10"	91	96	100	105	110	115	119	124	129	134	138	143	148	153	158	162	167
4'11"	94	99	104	109	114	119	124	128	133	138	143	148	153	158	163	168	173
5'	97	102	107	112	118	123	128	133	138	143	148	153	158	163	158	174	179
5'1"	100	106	111	116	122	127	132	137	143	148	153	158	164	169	174	180	185
5'2"	104	109	115	120	126	131	136	142	147	153	158	164	169	175	180	186	191
5'3"	107	113	118	124	130	135	141	146	152	158	163	169	175	180	186	191	197
5'4"	110	116	122	128	134	140	145	151	157	163	169	174	180	186	192	197	204
5'5"	114	120	126	132	138	144	150	156	162	168	174	180	186	192	198	204	210
5'6"	118	124	130	136	142	148	155	161	167	173	179	186	192	198	204	210	216
5'7"	121	127	134	140	146	153	159	166	172	178	185	191	198	204	211	217	223
5'8"	125	131	138	144	151	158	164	171	177	184	190	197	203	210	216	223	230
5'9"	128	135	142	149	155	162	169	176	182	189	196	203	209	216	223	230	236
5'10"	132	139	146	153	160	167	174	181	188	195	202	209	216	222	229	236	243
5'11"	136	143	150	157	165	172	179	186	193	200	208	215	222	229	236	243	250
6'	140	147	154	162	169	177	184	191	199	206	213	221	228	235	242	250	258
6'1"	144	151	159	166	174	182	189	197	204	212	219	227	235	242	250	257	265
6'2"	148	155	163	171	179	186	194	202	210	218	225	233	241	249	256	264	272
6'3"	152	160	168	176	184	192	200	208	216	224	232	240	248	256	264	272	279
	Healthy Weight						Overweight					Obese					

# Waist Circumference

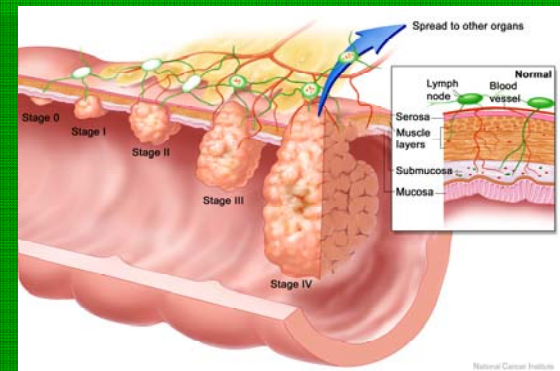
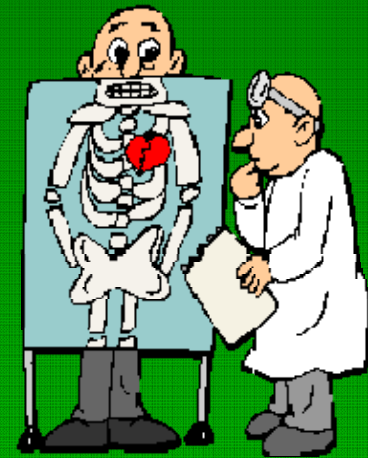
- Another way to monitor your body fat is to measure your waist circumference.
- A LARGE waist circumference is associated with greater health risks.
- This is often referred to the 'APPLE' body shape.





# Excess Body Fat Health Risks

- Premature death
- Type 2 Diabetes
- Hypertension (High Blood Pressure)
- Cardiovascular Disease
- Stroke
- Gall Bladder Disease
- Certain types of Cancers



# Key Recommendation #1

- To maintain body weight in a healthy range, **BALANCE** calories from food and **BEVERAGES** with calories burned.





# Teen Goals for Weight Management

- For overweight teens, the goal of weight management is to slow the rate of weight gain while achieving normal growth and development.
- Losing weight isn't a healthy option while you are developing.
- Follow all the dietary guidelines.

# Key Recommendation #2

- To prevent gradual weight gain over time, make small **decreases** in food and beverage calories and **increase** physical activity.

